



2026 Minnesota Sports Federation

Adult Volleyball Rules

Points of Emphasis



ALL PLAY SHALL BE GOVERNED BY THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATION/MSF RULES WITH THE FOLLOWING POINTS OF EMPHASIS/MODIFICATIONS:

1. The top two teams in each five, six or seven team pool advance to the double letter final with the 3rd & 4th advancing to the single letter final. The fifth, sixth and seventh place team does not advance. The top two teams in each four team pool advance to the double letter final with the third and fourth place team advancing to the single letter final, if present. **Note: the MSF reserves the right to modify the bracket structure depending on the number of entries received.**
2. Pre-scheduled four team pools play three, three game sets with each game to 21 with a 23 point cap. **Exception:** In four team pools where all four teams advance teams play two game sets to 25 with a 27 point cap. Pre-scheduled five team pools play four two game sets with each game to 25 with 27 point cap. Pre-scheduled six team pools play five two game sets with each game to 20 with 22 point cap. Pre-scheduled seven team pools play two, two game sets to 17 points each, 19 point cap. Championships series in each division will be played on best 2 of 3 basis with 27 point cap; the third game if nec, will be played to 15 pts, 17 point cap. Caps are waived in championship matches.
3. A ten minute grace period shall be allowed on a team's first scheduled game in pool play only before a forfeit/tournament disqualification is declared. (**Note:** If a team has five legal players at game time of their first scheduled game a grace period is not allowed; the game shall begin.)
4. Game balls are supplied by the teams. Each team shall supply one properly inflated official game volleyball in good playing condition for each game they play. If a Tachikara, Baden, Mikasa, Spalding, Molten, Mizuno or Wilson volleyball is available it shall be used. If two teams can not mutually agree on an official game ball and the referee determines both balls meet requirements a coin toss shall determine the game ball.
5. All teams must supply and wear jerseys with at least a 4" number (6" high is recommended) on either the front or the back of the jersey (number on front is recommended). Numbers on shorts or sleeves do not meet this requirement. Tape numbers are not acceptable. Shirt bodies must be the same color. Illegally uniformed player(s) shall be withheld from competition by their team until they become legal. If a player(s) violate this rule by entering the game prior to becoming legal they shall be disqualified from that game. (**Note:** In Co-Rec play men and women may wear jerseys of contrasting style and color, provided all (men's) and all (women's) jerseys are identical. (**Note:** In masters play reasonable exceptions to the jersey color rule will be allowed but all jerseys or sweatshirts must have a number.)
6. Headbands, sweatbands and bandanas are legal, but if any of these items fall off a player and lands on the floor, a point and serve shall be awarded.
7. Line judges will not be used. If necessary, honor calls are expected.
8. Charged time-outs shall not exceed 45 seconds and each team is limited to two time-outs per game. A minimum of three minutes shall be allowed for pre-game warm-up and the "three minute clock" shall start immediately following conclusion of preceding pool/match play set on the court. The time between games of a match shall be two minutes, which begins immediately after the winning point has been scored.
9. A men's or women's team may start, continue or finish a game with 4 players. A co-rec team may start, continue or finish a game with 4 or 5 players provided there are an equal or greater number of women in the game. (See Co-Rec Modifications.) If a fifth or sixth player arrives or returns they may not enter or reenter until the next game. When a team uses five players, three players shall be considered front row and two back row. The open position shall always be considered the center back. When a team uses four players, two are considered front row and two back row. The open positions shall always be considered as the center front and center back. When serving, four or five player teams are not penalized for the missing fifth or sixth player in the rotation.

-CONTINUED ON REVERSE-

10. The serve may not be touched until the entire ball completely crosses the plane of the net.
11. Back row players may attempt to block provided they do not touch the ball and are not part of a composite block in which the ball is touched. (See co-rec exception)
12. A net foul occurs while the ball is in play and:
 - A. A player contacts the net, including the antennas. It is not a foul when a player touches the net, ropes, cables, or the posts outside the antenna; or the force of a ball hit by an opponent pushes the net or net cables into the player. It is not a foul if a player's hair touches the net.
 - B. A player contacts the net antenna or net between the antennas during the action of playing the ball is a fault. The action of playing the ball includes (among others) take off, hand or arm extension, hit (or attempt) or landing.
13. Use of libero position is permitted if in a contrasting shirt.
14. Legal contact is a touch of the ball by a player's body above and including the foot.
15. A team is allowed a maximum of 10 substitutions per game. Starting the game is not considered a substitution.
16. The below rules apply to Class "C" men's, "C" women's and "C" co-rec play and a violation results in a point or side out.
 - a. No quick set/hit (ones-twos) or shoot sets allowed. (A quick set is approximately one-two feet above the net right next to the setter. A shoot set travels quickly about 1-3 feet above net toward the antennas.)
 - b. No fake spikes.
 - c. No jump serves or jump sets.
 - d. No roundhouse top-spin serves.
 - e. No back row attack by back row players.
 - f. No more than one current and/or two former college players or any combination thereof.

(Note: The official signal given by the referee for a Class C playing rules violation shall be the right or left hand palm down putting top of head).

In addition to the Class C Modifications and Procedures listed above the following modifications apply to Class D.

- a. No 6-0, 6-2 offense allowed.
 - b. No middle (attack) sets allowed.
 - c. Underhand serves are mandatory. (No sidearm serves)
 - d. No current or former college players allowed.
- Note:** The official signal for a Class C or D playing rule violation shall be the right or left hand, palm down patting top of head.
- 17. Co-Rec modifications:**
- a. Men and women shall be positioned alternately on the court. When an unequal number of men and women are in the line up, positions must alternate when possible.
 - b. Maximum of 12 substitutions per game are allowed.
 - c. When the ball is touched more than once by a player on a team, one of the contacts shall be made by a woman. (Blocking the ball is not considered a touch.)
 - d. One back court player (man or woman) may also block when there are less than two male players in the front row position.
 - e. At no time shall the number of men in the game exceed the number of women. (There must always be one man on the court).
 - f. Net height shall be 7' 11 5/8".
 - g. In co-rec play, it is permissible for the men and the women to wear contrasting shirt colors. (i.e. all men's shirts must be the same color and all women's shirts must be the same color.)
18. The tournament management reserves the right to switch officials during a two or three game set or match in an effort to keep the tournament running smoothly and on time. This is sometimes necessary due to a court which is running behind schedule. If possible, switches will be made **between** games of a set or match.
19. The tournament management reserves the right to switch a team's pool, prior to the start of pool play, to balance the number of teams in a pool(s).